

Sports

Sports Enrichment Classes



Cheerleading ♥

Do you want to be a cheerleader? Join our squad as we learn cheers and dances. In class, students will learn cheerleading basics, including basic arm movements, jumps, cheers and stunts. Our program is designed for girls of all ages and abilities. The fun and qualified staff at Flip To Cheer enjoy the sport of cheerleading which makes the classes exciting for everyone! Beginner and Intermediate students will have the opportunity to perform at local events, such as Football Half-time Shows and Christmas Parades!

Preschool

Calavera Hills Community Center: Gymnasium

Instructor: Tammy Atyim

Age: 3Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38883	10:50-11:30am	M	Sep 8-29	4c	\$36/\$46

Beginner

Calavera Hills Community Center: Gymnasium

Instructor: Tammy Atyim

Age: 5Y - 7Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38884	3:00-4:00pm	M	Sep 8-29	4c	\$36/\$46
38885	4:00-5:00pm	M	Sep 8-29	4c	\$36/\$46

Intermediate

Calavera Hills Community Center: Gymnasium

Instructor: Tammy Atyim

Age: 11Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38886	5:10-6:10pm	M	Sep 8-29	4c	\$36/\$46

Golf

Adult: Beginning

This class will include instruction on knowledge of golf clubs, putting, basic fundamentals and learning the correct golf swing. The fee does not include range balls to be purchased for \$7.50 at three of the class meetings.

Rancho Carlsbad Golf Course

Instructor: Howard Fujimoto

Age: 15Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38829	9:00-10:00am	Su	Sep 7-28	4c	\$40/\$50
38831	10:15-11:15am	Su	Sep 7-28	4c	\$40/\$50
38830	9:00-10:00am	Su	Oct 5-26	4c	\$40/\$50
38833	10:15-11:15am	Su	Oct 5-26	4c	\$40/\$50
38834	9:00-10:00am	Su	Nov 2-23	4c	\$40/\$50
38835	10:15-11:15am	Su	Nov 2-23	4c	\$40/\$50

Junior: Beginning

Classes to include learning the fundamentals of the golf swing, putting and chipping. Sessions will include time on the course and range balls. Sessions will also develop etiquette and a playing knowledge of the game so that juniors can play any course. We stress fun and enjoyment.

Rancho Carlsbad Golf Course

Instructor: Howard Fujimoto

Age: 7Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38836	9:00-10:00am	Sa	Sep 6-27	4c	\$40/\$50
38837	9:00-10:00am	Sa	Oct 4-25	4c	\$40/\$50
38838	9:00-10:00am	Sa	Nov 1-22	4c	\$40/\$50

Gymnastics ♥

Gymnastics 1: Diaper Dare Devils

Parent and child explore gymnastic activities and the child develops motor skills and hand/eye coordination using gymnastic equipment. Classes include parachute activities, musical locomotor warm up and introduction to gymnastics as they learn through play.

Calavera Hills Community Center: Gymnasium

Instructor: Marcie Germani

Age: 10M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38845	11:00-11:45am	W	Sep 10-Oct 15	6c	\$80/\$90
38846	11:00-11:45am	W	Oct 29-Dec 10	6c	\$80/\$90

Stagecoach Community Center: Gymnasium

Instructor: Marcie Germani

Age: 10M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38843	10:00-10:45am	Tu	Sep 9-Oct 14	6c	\$80/\$90
38844	10:00-10:45am	Tu	Oct 28-Dec 9	6c	\$80/\$90

Gymnastics 2: Supertots

Introduction to gymnastics using themes that promote learning in a challenging, yet fun and noncompetitive atmosphere. Activities include locomotor warm up and circuit training on kid-size gymnastics apparatus to develop gymnastics skills, rhythm, strength, motor skills and flexibility skills.

Calavera Hills Community Center: Gymnasium

Instructor: Marcie Germani

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38851	12:50-1:35pm	W	Sep 10-Oct 15	6c	\$80/\$90
38852	12:50-1:35pm	W	Oct 29-Dec 10	6c	\$80/\$90

Stagecoach Community Center: Gymnasium

Instructor: Marcie Germani

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38849	11:00-11:45am	Tu	Sep 9-Oct 14	6c	\$80/\$90
38850	11:00-11:45am	Tu	Oct 28-Dec 9	6c	\$80/\$90

Gymnastics 3: Hot Shots

Introduction to Olympic apparatus including vault, bars, balance beams, uneven bars, floor exercise and trampoline. Our program is noncompetitive with the philosophy that every child is a winner!

Calavera Hills Community Center: Gymnasium

Instructor: Marcie Germani

Age: 5Y - 7Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38864	3:50-4:35pm	W	Sep 10-Oct 15	6c	\$80/\$90
38865	3:50-4:35pm	W	Oct 29-Dec 10	6c	\$80/\$90

Stagecoach Community Center: Gymnasium

Instructor: Marcie Germani

Age: 5Y - 7Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38866	3:50-4:35pm	Tu	Sep 9-Oct 14	6c	\$80/\$90
38867	3:50-4:35pm	Tu	Oct 28-Dec 9	6c	\$80/\$90

Gymnastics 4: Shooting Stars

This program is designed to provide a non-competitive achievement oriented class of progressive skill development. Students will learn new and exciting skills on all the apparatus, as well as conditioning and flexibility.

Calavera Hills Community Center: Gymnasium

Instructor: Marcie Germani

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38879	4:40-5:25pm	W	Sep 10-Oct 15	6c	\$80/\$90
38880	4:40-5:25pm	W	Oct 29-Dec 10	6c	\$80/\$90

Stagecoach Community Center: Gymnasium

Instructor: Marcie Germani

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38877	4:40-5:25pm	Tu	Sep 9-Oct 14	6c	\$80/\$90
38878	4:40-5:25pm	Tu	Oct 28-Dec 9	6c	\$80/\$90

Tennis

Adult: Beginning

Learn all the basic strokes with the proper technique – forehand, backhand, serve. (Introduction to volleys and overhead.) Each student should bring one, new, unopened can of tennis balls to class per six week session.



Calavera Hills Community Park: Tennis Court 1

Instructor: Frank Fleming

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38888	6:00-7:15pm	M	Sep 8-Oct 6	5c	\$55/\$65
38889	6:00-7:15pm	M	Oct 27-Dec 8	6c	\$65/\$75
38890	6:00-7:15pm	Th	Sep 11-Oct 16	6c	\$65/\$75
38891	6:00-7:15pm	Th	Oct 30-Dec 11	6c	\$65/\$75

Poinsettia Park: Tennis Court 1

Instructor: Frank Fleming

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38892	6:00-7:15pm	W	Sep 10-Oct 15	6c	\$65/\$75
38893	6:00-7:15pm	W	Oct 29-Dec 10	6c	\$65/\$75
38894	9:00-10:15am	Th	Sep 11-Oct 16	6c	\$65/\$75
38895	9:00-10:15am	Th	Oct 30-Dec 11	6c	\$65/\$75
38896	6:00-7:15pm	Tu	Sep 9-Oct 14	6c	\$65/\$75
38897	6:00-7:15pm	Tu	Oct 28-Dec 9	6c	\$65/\$75

Adult: Beginning/Advanced Beginning

Learn basic strokes, forehand, backhand, volley, overhead and serve. Develop ball control, placement and consistency while playing games.

Stagecoach Community Park: Tennis Court 1

Instructor: Mark Keefer

Age: 15Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38949	8:45-10:15am	W	Sep 10-Oct 15	6c	\$60/\$70
38951	8:45-10:15am	F	Sep 12-Oct 17	6c	\$60/\$70
38950	8:45-10:15am	W	Oct 29-Dec 3	6c	\$60/\$70
38952	8:45-10:15am	F	Oct 31-Dec 12	6c	\$60/\$70
38953	12:30-2:00pm	Sa	Sep 13-Oct 18	6c	\$60/\$70
38955	11:00am-12:30pm	Sa	Nov 1-Dec 6	6c	\$60/\$70

Adult: Advanced Beginning

Review basic strokes using proper technique. Learn ball control, placement and consistency while playing games. Introduction of basic singles and doubles strategy. Each student should bring one new, unopened can of tennis balls to class per six-week session.

Laguna Riviera Park: Tennis Court 1

Instructor: Jim Goto

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38925	9:00-10:30am	M, W	Sep 8-Oct 15	12c	\$60/\$70
38926	9:00-10:30am	M, W	Oct 27-Dec 3	12c	\$60/\$70

Adult: Beginning/Intermediate

Each student should bring one, new, unopened can of tennis balls to class per six week session.

Poinsettia Park: Tennis Court 1

Instructor: Frank Fleming **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38903	7:15-8:30pm	W	Sep 10-Oct 15	6c	\$65/\$75
38904	7:15-8:30pm	W	Oct 29-Dec 10	6c	\$65/\$75

Adult: Intermediate

Review your stroke technique. Learn how to move in the most efficient way. (Introduction to basic singles and doubles strategies.) Each student should bring one, new, unopened can of tennis balls to class per six week session.

Calavera Hills Community Park: Tennis Court 1

Instructor: Frank Fleming **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38908	7:15-8:30pm	M	Sep 8-Oct 13	6c	\$65/\$75
38909	7:16-8:30pm	M	Oct 27-Dec 8	6c	\$65/\$75
38910	7:15-8:30pm	Th	Sep 11-Oct 16	6c	\$65/\$75
38911	7:15-8:30pm	Th	Oct 30-Dec 11	6c	\$65/\$75

Poinsettia Park: Tennis Court 1

Instructor: Frank Fleming **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38912	10:15am-11:30am	Th	Sep 11-Oct 16	6c	\$65/\$75
38913	10:15am-11:30am	Th	Oct 30-Dec 11	6c	\$65/\$75
38914	7:15-8:30pm	Tu	Sep 9-Oct 14	6c	\$65/\$75
38915	7:15-8:30pm	Tu	Oct 28-Dec 9	6c	\$65/\$75

Stagecoach Community Park: Tennis Court 1

Instructor: Mark Keefer **Age: 15Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38916	8:45-10:15am	M	Sep 8-Oct 13	6c	\$60/\$70
38917	8:45-10:15am	M	Oct 27-Dec 1	6c	\$60/\$70
38918	8:45-10:15am	Th	Sep 11-Oct 16	6c	\$60/\$70
38919	8:45-10:15am	Th	Oct 30-Dec 11	6c	\$60/\$70

Adult: Intermediate/Advanced Intermediate

Refine strokes, strategies and tactics. Work on the transition game and movement on the court.

Stagecoach Community Park: Tennis Court 1

Instructor: Mark Keefer **Age: 15Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38956	12:30-2:00pm	Sa	Sep 13-Oct 18	6c	\$60/\$70
38957	12:30-2:00pm	Sa	Nov 1-Dec 6	6c	\$60/\$70
38958	2:00-3:30pm	Sa	Sep 13-Oct 18	6c	\$60/\$70
38959	2:00-3:30pm	Sa	Nov 1-Dec 6	6c	\$60/\$70

Adult: Intermediate/Advanced

Refine strokes, strategies and tactics. Work on transition game and movement on the court. Each student should bring one new, unopened can of tennis balls to class per six-week session.

Laguna Riviera Park: Tennis Court 1

Instructor: Jim Goto **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38928	10:30am-12:00pm	M, W	Sep 8-Oct 15	12c	\$60/\$70
38929	10:30am-12:00pm	M, W	Oct 27-Dec 3	12c	\$60/\$70

Juniors: Beginning

Learn all the basic strokes with the proper technique. Forehand, backhand, serve, introduction to volleys and overhead. Each student should bring one, new, unopened can of tennis balls to class per six week session.

Calavera Hills Community Park: Tennis Court 1

Instructor: Frank Fleming **Age: 6Y - 9Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38934	3:30-4:30pm	Th	Oct 30-Dec 11	6c	\$65/\$75
38933	3:30-4:30pm	Th	Sep 11-Oct 16	6c	\$65/\$75
38931	3:30-4:30pm	M	Sep 8-Oct 13	6c	\$65/\$75
38932	3:30-4:30pm	M	Oct 27-Dec 8	6c	\$65/\$75

Laguna Riviera Park: Tennis Court 1

Instructor: Jim Goto **Age: 8Y - 16Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38939	3:15-4:15pm	M, Th	Sep 8-Oct 16	12c	\$55/\$65
38940	3:15-4:15pm	M, Th	Oct 27-Dec 4	12c	\$55/\$65

Poinsettia Park: Tennis Court 1

Instructor: Frank Fleming **Age: 6Y - 9Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38935	3:30-4:30pm	Tu	Sep 9-Oct 14	6c	\$65/\$75
38936	3:30-4:30pm	Tu	Oct 28-Dec 9	6c	\$65/\$75
38937	3:30-4:30pm	W	Sep 10-Oct 15	6c	\$65/\$75
38938	3:30-4:30pm	W	Oct 29-Dec 10	6c	\$65/\$75

Stagecoach Community Park: Tennis Court 1

Instructor: Mark Keefer **Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38941	4:30-5:15pm	Tu	Sep 9-Oct 14	6c	\$45/\$55
38942	4:30-5:15pm	Tu	Oct 28-Dec 9	6c	\$45/\$55
38943	4:30-5:15pm	W	Sep 10-Oct 15	6c	\$45/\$55
38944	4:30-5:15pm	W	Oct 29-Dec 3	6c	\$45/\$55
38945	4:30-5:15pm	Th	Sep 11-Oct 16	6c	\$45/\$55
38946	4:30-5:15pm	Th	Oct 30-Dec 11	6c	\$45/\$55
38947	4:30-5:15pm	F	Sep 12-Oct 17	6c	\$45/\$55
38948	4:30-5:15pm	F	Oct 31-Dec 12	6c	\$45/\$55

Juniors: Beginning/Intermediate

Each student should bring one, new, unopened can of tennis balls to class per six week session.

Poinsettia Park: Tennis Court 1

Instructor: Frank Fleming **Age: 10Y - 14Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38960	4:30-5:30pm	Tu	Sep 9-Oct 14	6c	\$65/\$75
38961	4:30-5:30pm	Tu	Oct 28-Dec 9	6c	\$65/\$75

Juniors: Advanced Beginning/Intermediate

Each student should bring one new, unopened can of tennis balls to class per six-week session.

Laguna Riviera Park: Tennis Court 1

Instructor: Jim Goto **Age: 8Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38965	4:15-5:15pm	M, Th	Sep 8-Oct 16	12c	\$55/\$65
38966	4:15-5:15pm	M, Th	Oct 27-Dec 4	11c	\$55/\$65

Activities and classes with ❤ offer a health and wellness benefit to the participant. See page 30 for more information.

Stagecoach Community Park: Tennis Court 1

Instructor: Mark Keefer

Age: 8Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38967	3:30-4:30pm	Tu	Sep 9-Oct 14	6c	\$50/\$60
38968	3:30-4:30pm	Tu	Oct 28-Dec 2	6c	\$50/\$60
38969	3:30-4:30pm	W	Sep 10-Oct 15	6c	\$50/\$60
38970	3:30-4:30pm	W	Oct 29-Dec 3	6c	\$50/\$60
38971	3:30-4:30pm	Th	Sep 11-Oct 16	6c	\$50/\$60
38972	3:30-4:30pm	Th	Oct 30-Dec 11	6c	\$50/\$60
38973	3:30-4:30pm	F	Sep 12-Oct 17	6c	\$50/\$60
38974	3:30-4:30pm	F	Oct 31-Dec 12	6c	\$50/\$60

Juniors: Intermediate

Review your stroke technique. Learn how to move in the most efficient way. (Introduction to basic singles and doubles strategies.) Each student needs to bring one, new, unopened can of tennis balls per six week session.

Calavera Hills Community Park: Tennis Court 1

Instructor: Frank Fleming

Age: 10Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38976	4:30-5:30pm	M	Oct 27-Dec 8	6c	\$40/\$50
38975	4:30-5:30pm	M	Sep 8-Oct 13	6c	\$47/\$57
38977	4:30-5:30pm	Th	Sep 11-Oct 16	6c	\$47/\$57
38979	4:30-5:30pm	Th	Oct 30-Dec 11	6c	\$47/\$57

Poinsettia Park: Tennis Court 1

Instructor: Frank Fleming

Age: 10Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38980	4:30-5:30pm	W	Sep 10-Oct 15	6c	\$47/\$57
38981	4:30-5:30pm	W	Nov 5-Dec 17	6c	\$47/\$57

Stagecoach Community Park: Tennis Court 1

Instructor: Mark Keefer

Age: 10Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38982	5:15-6:45pm	W	Sep 10-Oct 15	6c	\$60/\$70
38983	5:15-6:45pm	W	Oct 29-Dec 3	6c	\$60/\$70
38984	5:15-6:45pm	F	Oct 31-Dec 12	6c	\$60/\$70
38985	5:15-6:45pm	F	Sep 12-Oct 17	6c	\$60/\$70

Juniors: Advanced

Teacher Discretion: Registrants must have completed Juniors Intermediate before registering. Tournament experience and instructor approval required prior to registration. Each student should bring one new, unopened can of tennis balls to class per six-week session.

Laguna Riviera Park: Tennis Court 1

Instructor: Jim Goto

Age: 8Y - 16Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38986	5:15-6:15pm	M, Th	Sep 8-Oct 16	12c	\$55/\$65
38987	5:15-6:15pm	M, Th	Oct 27-Dec 4	11c	\$55/\$65

Volleyball ♥

Coed Intermediate

This is an intermediate, coed, 4 person league that also includes a weekly skill instruction session. After registration, individuals will be placed on a team. All players should have some experience with league play and basic knowledge of volleyball fundamentals. All participants must attend the first class.

Calavera Hills Community Center: Gymnasium

Instructor: Dick Leatherman

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38988	6:30-9:30pm	M	Oct 20-Dec 15	9c	\$55/\$65

Coed Advanced/Intermediate

This class is designed for those who have played volleyball and desire a more competitive atmosphere. Players will be evaluated during the first class and placed on teams culminating with a tournament and prizes.

Stagecoach Community Center: Gymnasium

Instructor: Dennis Mathis

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38990	6:30-9:30pm	M	Sep 8-Oct 27	7c	\$50/\$60
38991	6:30-9:30pm	M	Nov 3-Dec 15	7c	\$50/\$60

Women's Advanced/Intermediate

This is a fun class designed specifically for women – for those who have played volleyball, either on school teams or in competitive leagues. Refine your skills in a friendly, yet challenging atmosphere.

Stagecoach Community Center: Gymnasium


Instructor: Dennis Mathis

Age: 16Y and up


CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38992	10:00am-12:00pm	W	Sep 10-Oct 29	8c	\$55/\$65
38993	10:00am-12:00pm	W	Nov 5-Dec 17	7c	\$50/\$60


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